



# The Park Bench

February 2013

Seniors in the Park Newsletter



## LOVE ME TENDER

**Thursday February 14**

Spend Valentine's Day with your BFF or sweetheart at Seniors in the Park. Play Sweetheart Bingo at 10:00 am with lots of sweet prizes to be won. A baked chicken lunch will be served at 11:30 at the mealsite. Please call by noon on

Monday February 11 to reserve your meal. A favorite with all the ladies, **ELVIS**, returns to serenade you at 12:30 pm with his smooth vocals and personal touch. Make a date with your sweetheart or a friend.

RSVP by Monday, February 11

## AARP TAX ASSISTANCE

**Wednesdays, beginning February 6**

AARP is offering free tax preparation to low and moderate income taxpayers, with special attention to those age 60 and older, with quality assistance in filing their personal taxes. Call 262-473-0535 to set up an appointment. Donations for this service are accepted and support programming at Seniors in the Park.

You must bring:

- Photo ID and Social Security Card
- Copy of 2011 tax returns
- Proof of 2012 income
- Blank check for electronic refund deposit

If you are filing Wisconsin Homestead Credit, you will need either a 2012 real estate tax bill **OR** Certificate of Rent form signed by your landlord. 2012 taxes do not have to be paid to file Homestead Credit.

**IMPORTANT NOTE:** Preparers will not do returns for people who are married, but file separately, or who become divorced in 2012; schedules for business, rental income, farms, moving expense forms, forms for nondeductible IRAs and child investment income tax.



Volume XIII Issue 1

## WHAT'S INSIDE

2-6..... *Classes and Activities*

5 ..... *Support Our Sponsors*

6-7 ..... *Travel Opportunities*

8 ..... *FYI*

9-10 ..... *Calendars*

11 *Nutrition Site & Services*

12 .... *Support Our Sponsors*

13 ..... *Your Senior Center*

14-15 ..... *Community Events*

Back ..... *Phone Numbers, Address, and Subscription info*

*Seniors in the Park Promotes & Enhances a Vital Aging Community*

# Classes and Activities

**All Seniors in the Park activities are held at the  
Starin Park Community Building, 504 W. Starin Rd, unless stated otherwise.**

## BOOK WORMS

**Monday, Feb. 4, 10:30 am**

The Book Club will discuss *Any Place I Hang My Hat* by Susan Isaacs. The book for March is *Lone Wolf* by Jodi Picoult.



Edward Warren, 23, has been living in Thailand for five years, a prodigal son who left his family after an irreparable fight with

his father, Luke. But he gets a frantic phone call: His dad lies comatose in a NH hospital, gravely injured in the same accident that has also injured his younger sister Cara. She still holds a grudge against her brother, since his departure led to her parents' divorce. In the aftermath, she's lived with her father – an animal conservationist. With Luke's chances for recovery dwindling, Cara wants to wait for a miracle. But Edward wants to terminate life support and donate his father's organs. Is he motivated by altruism, or revenge? And to what lengths will his sister go to stop him from making an irrevocable decision?

## LINE DANCE CLASS



Kick up your heels and have fun with Line Dance Instructor Nancy Wensch. She loves teaching all levels of students and making dancing fun for them. She really gets a thrill out of it when she sees that first smile on a students face when they realize "I think I got this"!! Nancy has been line dancing for 21 years, became an instructor five years ago, and teaches with MATC-Madison.

Day/Time: Wednesdays, 2:00—3:00 pm

Where: Downtown Armory Dance Studio

Session 2: Feb. 20—April 3 (No class March 27) Class #5305.12.

Cost: \$24.00 per session (Class must be paid in advance at the Community Building or online at <http://activenet9.active.com/whitewater>.)

Deadline: Thursday, February 14

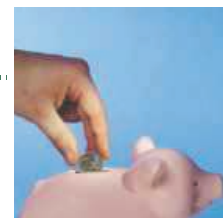
## MAKING YOUR MONEY LAST

**Wednesday, February 20, 10:00 am**

Kent Hutchins of Edward Jones will discuss how to make your money last. The presentation will help participants build a strategy for managing income and expenses during retirement. Kent will address key concerns, such as inflation, health care expense, and market volatility, as well as ways to prepare in advance for things that may not go as expected.

Dan Peterson of Franklin Templeton Investments will discuss how participants should take a long-term view of the stock market, especially in the decade ahead. When it comes to equities, history favors a return to the mean, the world is getting smaller, innovation will surprise us (again), quality companies are not short-sighted, and they help protect our purchasing power.

Coffee and snacks will be provided. Register by Monday, February 19.



## WATERCOLOR—FOCUS ON COMPOSITION PART 2

This class that will continue to focus on creating an interesting composition and adding collage to your watercolor paintings. We will focus on fun techniques for creating your own collage papers, using purchased collage papers, along with color harmony, and composition. Subject matter may include cows, chickens, landscape and still life. Attendees are always encouraged to paint from personal references, photos, sketches or ideas. There will be technique or concept demonstrations and plenty of time for individual painting with optional one-on-one coaching. Beginning, intermediate and advanced concepts will be covered.

Instructor: Karolyn Alexander Tscharnack [www.karolyn.biz](http://www.karolyn.biz)

Dates/time: Thursdays, Feb. 7-21, 1:00 – 4:00pm

Cost: \$30 payable to the instructor by cash or check. Deadline: Monday, February 4

## "THREE SISTERS" NATIVE AMERICAN GARDENING HERITAGE

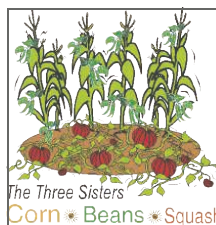
**Monday, March 11 1:00 pm**

The first time Ron heard of the term "Three Sisters," he was intrigued and began to do research. He discovered the story of the "Three Sisters" was amazing, but more amazing was what the world owes the Native American for much of today's food and plant derived products.

His presentation will shed a different light on our heritage and culture as a result of these gifts that were developed in the Americas before the European arrival.

Presenter: Ron Langellier, Master Gardener

Please register by Wednesday, March 6



## DIGITAL STORYTELLING CLASS

**Mondays, 12:30 p.m.**

Do you have a great personal story that you would like to share with our community, or maybe the world? Then consider participating in the weekly Digital Storytelling class at the Starin Park Community Building. Digital storytelling refers to a short form of digital film-making that allows everyday people to share aspects of their life story. In this program, students will learn how to combine pictures, sound and possibly video to create a 3-5 minute video story. Uploading to the Internet for sharing stories will be covered as well.

Instructor: Alan Luckett and the Staff of Whitewater Community TV.

Best of all, the class is Free and open to all ages.

## STRETCH, FLEX, AND GLIDE

**Mondays and Thursdays, 9:30 am**

This active class (standing and/or seated) uses hand weights, body bars, and gliders to give you a great cardio and strength workout. Modifications are shown, and participants are encouraged to work at their level. The class is led by retired Physical Education teacher, Mary Zordell. You will laugh, get stronger, and make new friends. The group goes for coffee after, for those interested. Cost: \$1.00 per class or purchase a punch card. **No Class Feb. 14.**



**All regularly scheduled programs, activities and trips are held at the Starin Park Community Building unless otherwise noted. All are subject to change. Room assignments may vary depending on activities or special events being held in the building before, during, or after any other activity. We try to give you advance notice of cancellations and changes, but sometimes it is not possible. Thanks in advance for your flexibility.**

## TAI CHI

**Wednesdays, 3:00 pm**

Tai chi has been proven to increase brain volume, reduce stress, increase balance, strength and flexibility, increase relaxation, and improve your overall mind, body, and spirit. The Arthritis Foundation Tai Chi Program developed by Dr. Paul Lam, uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

Dates: March 5—April 9

Registration Deadline: Feb.28

Cost: \$20.00

Minimum: 5 people

## ZUMBA GOLD ®

**Wednesdays, 12:45 pm**

**Downtown Armory Dance Studio**

A fun and energizing workout.

Instructor: Lynette Brown



Fee: \$40.00 - 10 class punch card (passes do not expire). Pay in advance at the Starin Park Community Building. \$5.00 Walk-in passes are also available, if you would like to try the class.

Can also get your class pass online at <http://activenet9.active.com/whitewater>

## CORE AND MORE

**Mondays & Thursdays**

**8:45 - 9:15 am**

This half hour class focusing on your core will help you to perform everyday activities safely and with ease. Modifications for all levels of ability will be demonstrated. Must be able to get down on the floor for this class. Please bring an exercise mat.

Fee: 10 punch pass for \$30.00 (passes do not expire)

**No Class February 14, 21 and 25**



# Classes and Activities

## GADGET GURU



UWW students will be available to assist you for an hour, with any of your "gadgets": smart phones, cameras, tablets, or ipods. Call to reserve a day and time, and let us know the brand/model of your gadget and what you need assistance.

Date: Mondays, February 4 or 18; Wednesdays February 6 or 14

Time: 1:00 pm

Fee: \$5.00

Deadline: Five days in advance

## COLLECTING CANS OF FRUIT



Seniors in the Park is collecting cans of fruit for the Food Pantry. You may place your donation in the Food

Pantry box in the lobby. Thank you for helping out!

## BUNCO

Third Thursday

1:00 pm

Bunco is a very social game and there is usually lots of laughter. It's a simple game that's extremely fun and involves three dice. You change tables and partners after each round so it's great game for meeting new people. The rules are on [www.BuncoBuddy.com](http://www.BuncoBuddy.com) on the Bunco Rules page.

Join us for a really fun afternoon.

## SCRABBLE

Play scrabble on the first Thursday at 1:00 pm or Third Tuesday at 10:00 am.

## OUR HOUSE SENIOR LIVING MOVIES

### "BEST MOVIES MONTH"

Oscar ballots will be available at the movies on February 12 & 20. Prizes including gift cards to Whitewater Cinemas, Culver's and Sentry will be awarded before the Dark Knight movie on the 26th.

### "Moonrise Kingdom"

Tuesday, February 12, 12:30 pm

Rated PG-13; 1 hr. 34 min.

Wes Anderson's latest quirky comedy has a love struck Boy Scout (Jared Gilman) running away with the daughter (Kara Hayward) of two quirky lawyers (Billy Murray and Frances McDormand). Despite a search party led by a staunch scoutmaster (Edward Norton) and the town's sheriff (Bruce Willis), the two adolescents continue to elude the adults. Though the residents are isolated on a small island, the retro 1960s vibe still saturates the film's aesthetic.



### Oscar Movie Day

"The Hurt Locker," (Best Picture of 2009)

Wednesday, February 20, 12:30 p.m.

Rated R; 2 hr. 11 min.



A hotshot demolitions expert (Jeremy Renner) reports for duty in Baghdad and drives his teammates crazy with his recklessness. Eventually they come to understand him as they work together in tense, dangerous situations disarming unexploded bombs. 2009 Oscar Winner for Best Picture, Original Screenplay, and Director, Kathryn Bigelow (Director of current film "Zero Dark Thirty," nominated for 2013 Best Picture, Golden Globe). Rated R for violence, adult content and language.

### "The Dark Knight Rises"

Tuesday, February 26, 12:30 pm

Rated PG-13; 2 hr. 45 min:

It has been eight years since Batman vanished into the night, turning, in that instant, from hero to fugitive. Assuming the blame for the death of D.A. Harvey Dent, the Dark Knight sacrificed everything for what he and Commissioner Gordon both hoped was the greater good. For a time the lie worked, as criminal activity in Gotham City was crushed under the weight of the anti-crime Dent Act. But everything will change with the arrival of a cunning cat burglar with a mysterious agenda. Far more dangerous, however, is the emergence of Bane, a masked terrorist whose ruthless plans for Gotham drive Bruce out of his self-imposed exile. But even if he dons the cape and cowl again, Batman may be no match for Bane. (2012).



## golden livingcenters

Exceptional Rehabilitation Department

Premier Alzheimer's Care Unit

430 Wilcox St.  
Fort Atkinson  
(920) 563-5533

Make Yourself at Home  
Our Family Caring For Your Family

DR. JASON J. MACKEY D.C.  
Doctor of Chiropractic

## Luedtke-Storm-Mackey Chiropractic Clinic, S.C.



1173 W. Main St. Ste B  
Whitewater, WI 53190

www.lsmchiro.com  
Clinic Phone: 262-753-0017

## Low income senior housing 55 or over 1 bedroom apartments

Give us a call at 473-2229

We have immediate openings.

## BROOKDALE MANOR

1061 Blackhawk Dr.  
Whitewater, WI 53190

## Prairie Village by Fairhaven

The perfect option for active adults 55+ who wish to live in a spacious, private home and still enjoy all the conveniences and security of a retirement community.



Located north of Whitewater City U & Fremont Rd.

For a tour and more information...

(262) 473-2140  
www.fairhaven.org

## We Care Every Day, In Every Way

Experienced senior care for total peace of mind

Personal Cares (bathing, toileting, dressing assistance) ~ Medication Reminders  
Errands ~ Shopping ~ Dr. Appointments ~ Light Housekeeping  
Meal Preparation ~ Companionship ~ Respite Care for Families

608-756-4100 or Toll Free 877-276-7039



## AMS Carpet Cleaning, LLC



Locally owned and family operated

920-723-1188

Upholstery • Carpet  
24 Hour Flood Extraction

www.amscarpetcleaning.com

## RAINBOW HOSPICE CARE

We make a difference

(920) 674-6255

www.rainbowhospicecare.org



COMMERCIAL Bank  
• WHITEWATER • JANESVILLE

See Us For All Your Banking Needs

262-473-1111

www.commercialbankww.com



## Complimentary Investment Review

Michael E Harenza, AAMS®  
Financial Advisor  
309 West Main Street  
Whitewater, WI 53190  
262-473-8333  
www.edwardjones.com  
Member SIPC

Edward Jones  
MAKING SENSE OF INVESTING



"Make Our House your home"

OUR HOUSE

Memory Care

945 E. Chicago St.  
Whitewater, WI

OPEN FOR TOURS & ROOMS AVAILABLE

Please contact Eric James

262-473-1011

We offer FREE local pick up and delivery service.  
We service all makes and models.



Downtown Whitewater

262-473-4330



## The Works \$29.95

Includes:

Oil change - Tire rotation  
- Brake inspection  
- Multi-point inspection  
- Fluid top-off - Battery test - Filter check - & Belts and hoses check.

## AUMANN'S SERVICE INC.

Body Specialists  
Quality Painting  
24 Hr. Towing  
122 E. Dane  
(920) 674-2349  
After Hours  
(920) 674-6164



Fort HealthCare Whitewater Clinic: 1461 W. Main St.  
Hours: M-W: 8:15 a.m.-7 p.m. & Fri: 8:15 a.m.-5 p.m.  
Patients are seen by appointment.  
www.FortHealthCare.com/Whitewater

- Audiology-(920) 563-6667
- Psychology & Behavioral Health-(920) 563-9542
- Marriage Counseling-(920) 563-9542
- Ear, Nose & Throat (+allergy)-(262) 472-6804
- Obstetrics & Gynecology-(262) 473-8920

- Internal Medicine-(262) 473-5888
- Orthopedics & Sports Medicine (and joint care)-(262) 472-9334
- Podiatry-(262) 473-5888
- Urology (and continence care)-(920) 568-7744

## OLSEN FUNERAL HOME

DIGNIFIED SERVICE IN A HOME-LIKE SETTING

Serving Whitewater & Surrounding area's since 1987

1014 W. Main St.  
Whitewater  
262-473-5101

## Reflections ADULT DAY CARE, LLC

Providing Services to the Elderly & Individuals w/ Disabilities

511 Madison Avenue  
Fort Atkinson  
(920) 568-9233

7:00AM-5:30PM Monday-Friday



920-563-9217

Hours: Sun-Thu 4-10pm, Fri-Sat 4-11pm, Closed Tue.  
1245 Madison Ave., Fort Atkinson, WI 53538



## NON-MEDICAL HOME HEALTH AGENCY

Personal Cares • Medication Reminders • Meal Prep • Errands  
Housekeeping/Laundry • Respite • 24/7 Care  
• Free RN Assessment

313 N. Main St.  
Jefferson, WI  
www.countrynurses.com

920-674-6855  
Fax: 920-674-6872  
Toll Free: 800-236-5686



## BINGO

Tuesdays, 10:00 am

Feb. 5: Culver's

Feb. 12: Our House Senior Living

Feb. 14: Sweetheart Bingo

Feb. 26: City Bingo

## BINGO SPONSORS

Culver's

Our House Senior Living

Mulberry Glen: Cookies & fruit drink

## CITY BINGO

### SPONSORS:

Topper's Pizza \* Pizza Hut \* Rick's \* Bergey Jewelry

Robin's Nest \* Jimmy Johns \* McCullough's

Rosa's Pizza \* Dale's Bootery \* Fort HealthCare

Jessica's Restaurant \* Taco Bell \* The Sweet Spot \*

Genoa Pizza \* Dental Perfections \* Commercial Bank

Tincher Realty \* Rocky Rococo Pizza \* Subway

Floral Villa \* First Citizens State Bank

Mirage Hair Studio \* Eastsider/Westsider

Fort Comm. Credit Union \* Headquarters Salon

## ACTIVITIES AT A GLANCE

**Bid Euchre**—Mondays 1:00 pm

**Bingo**—First, Second and Fourth Tuesdays at 10:00 am

**Book Club**—First Monday 10:30. Books available at Starin Park

**Bowling**—Wednesday 9:00 am, Hawk Bowl, fee to bowl

**Bunco**—Third Thursday 1:00 pm

**Canasta**—First, third and fifth Mondays 1:30 pm

**Chess**—Wednesdays, 1:00 pm Beginners welcome

**Core & More**: Mon & Thurs. 8:45 am; \$3.00 per class

**Dominoes**—First Tuesday 11:45 am

**Euchre**—Second and Fourth Thursday, 1:00 pm

**Potluck**—First Tuesday 11:15 am

**Scrabble**—First Thursday, 1:00 pm; Third Tuesday, 10:00 am

**Sheepshead**—Tuesdays 1:00 pm

**Stretch, Flex & Glide**—Mon & Thurs. 9:30 am; \$1.00 per class

**Texas Hold 'em Poker**—Ladies: First & Third Wednesday 1:00 pm

**Wii Bowling**—Thursdays, 10:45 am

**Zumba Gold**®—Wednesdays 12:45 pm, Downtown Armory. \$40.00 punch card or \$5.00 walk-in. Must be paid for at Starin Park.

For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov), go to the city website at [www.whitewater-wi.gov](http://www.whitewater-wi.gov), (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

## CLASSICAL TURKEY

OCTOBER 3-15, 2013

**Trip Preview**  
**Thursday, Feb.7**  
**1:00**



Explore the lands of the New Testament and savor the flavor of the middle east without the turmoil. Visit one of the world's most spectacular landmarks, Hagia Sophia—once the largest church in Christendom, Explore some of Istanbul's most famous sites including a guided visit of Topkapi Palace, the official and primary residence of the Ottoman sultans for 400 years, and the Blue Mosque, renowned for its splendid architecture. Visit the ruins of Ephesus, and walk the marble avenue to the Library of Celsus and the Temple of Hadrian. Tour UNESCO sites including Troy, the ancient city of Hierapolis, and the famed rock chapels of the Goreme Valley. Other highlights are the underground city of Kaymakli, Cappadocia, Asclepion—an ancient “holistic” healing center; the Turkish Riviera, the Turkish capitol of Ankara, and the Grand Bazaar in Istanbul, and much more! Celebrate a Turkish Wedding complete with traditional food, music, whirling dervishes and belly dancers.

Trip includes roundtrip transportation from your home or the center, 19 meals, professional tour guide, sightseeing per itinerary, hotel transfers, and baggage handling in Turkey. An optional post night stay in Istanbul is available.

Tour Rate: \$3599 per person double (includes \$250 early booking discount)  
\$4449 per person single

Deposit: \$250 per person by April 20  
Collette Vacations



## FIRESIDE 2013

2013 ticket price: \$63.00 (taxes, tip, and ticket fees all included!). Saves you up to 23% off individual tickets



### Thursday March

#### 14—Footloose

RSVP/Payment due  
Feb. 14

Chicago teenager moves to a small town where dancing is not allowed. He sets out to bring music and fun back to the community. An exciting, vibrant and entertaining musical.

Cost: \$63.00: Payable to: The Fort Atkinson Senior Center

Transportation is on your own.

Arrive at 10:30 am. Lunch is at 11:15 and Show at 1:30.

**Thurs., May 9**—Annie Get Your Gun

RSVP/Payment deadline April 9

**Wed., July 3**—Little Shop of Horrors

(Tony Award winning Comedy)

RSVP/Payment deadline May 31

**Sun., Aug. 18**—Run For Your Wife (Comedy with two Wives)

RSVP/Payment deadline July 12

.....  
This will be the last year we offer Fireside packages, if participation does not increase. We receive a discounted price (which we pass on to you) if we have 18 or more attending a performance. It is not fair for us to reserve prime seating only to cancel it when two Senior Centers cannot get enough folks to attend. So if you are thinking of going to a show, sign up early as we give the Fireside reservations and payment one month before we attend.

## LUNCH BUNCH

Thursday, February 21 (Note date change)

10:30 am

Enjoy dining at Moy's in Elkhorn.

Cost: \$5.00 RSVP by Tuesday, February 12

On March 14, we will be traveling to Highway Harry's in Johnson Creek.



## JANESVILLE SHOPPING

Wednesday, February 6, 9:30 am

Get picked up at your home and shop in Janesville. Participants decide where to shop, but the usual stops are the Mall and Aldi's.

Pickups begin at 9:30 pm.

Cost: \$5.00 RSVP by Tuesday, February 5

## FULL SPEED AHEAD AFTER 50

Saturday, March 23

This is a positive and fun event that focuses on active and healthy lifestyles for everyone age 50 and older at the Monona Terrace, Madison. It's a great event for expanding your knowledge about healthy living, participate in drop-in activities like Zumba, and have access to medical experts and valuable health screenings. This expanded event is bigger and better than ever! Work out with nationally renowned fitness expert, Tamilee Webb! Best known for her work with the "Buns of Steel" and "Abs of Steel" videos, she will be sharing exercise tips for ages 50+.

Cost: \$13.00 (Includes entrance fee, parking, and transportation)

Deadline: March 6 Minimum: 7

Depart 8:00 am and return 3:30 pm



## FISH FRY FRIDAYS

We are going to try two Fridays in March. Enjoy two great fish frys with friends. The Fish fry cost is on your own and we'll provide the transportation! Cost will be dependent on the number of people on the trip so get your friends to ride along. Seats will go quickly!

**Friday March 1—Donny Gals**

Depart: 4:00

Cost: \$5.00 or fill the bus and cost is \$4.00

Deadline: February 20

**Friday March 15—Aztalan Inn**

Depart: 4:00

Cost: \$5.00 or fill the bus and cost is \$3.00

Deadline: March 6

## BAD WEATHER CLOSINGS

In case of inclement weather, (Snow that four letter "S" word), program cancellations will be on Whitewater Cable Channel 98, digital 990, or radio stations WFAW 940 AM and WSJY 107.3 FM, or online on the Whitewater Banner.

## THE CHILLY WILLIES

As temperatures drop and winter approaches, the thermostats in the building are set at a reasonable temperature per City policy. Please bring a sweater or dress in layers so you are comfortable in our building.

## POTAWATOMI BINGO & CASINO

**Tuesday, February 26**

Potawatomi has undergone a 240 million dollar expansion. It features over 3100 slot machines, the classic table game including Poker Three card poker, Blackjack, Craps, Let it Ride and Roulette.

Cost: \$27.00 (Includes transportation, \$10 Firekeepers Reward Play and \$10.00 food./beverage credit)

Check made out to Fort Atkinson Senior Center

Deadline: February 11

Depart Fort K-Mart 8:00 am

Return approx. 3:00 pm

Legal name, address with zip code and birth date required when signing up. Players card number is appreciated.

## GO RED FOR WOMEN

**Friday, February 1**

In 2003, the American Heart Association faced a challenge; Cardiovascular disease claimed the lives of nearly 500,000 American women each year, yet women were not paying attention. In fact, many even dismissed it as an "older man's disease." To dispel these myths of heart disease as the No. 1 killer of women, the American Heart Association, along with the National Heart, Lung and Blood Institute created National Wear Red Day® to raise awareness of this critical issue. Each year, on the first Friday in February, millions of women and men come together to wear red, take action and commit to fighting this deadly disease. Join us and wear red today!



## "HOME FOR LIFE"

Remodeling Magazine recently launched "Home for Life," a virtual home tour that show users how to remodel a home to save money and have a better quality of life while aging in place. The online tour shows how to transform a classic suburban family house into an energy-efficient and low-maintenance home. This virtual tour shows what Baby Boomers and remodelers need to consider to adapt homes for the retirement years, including universal design strategies, lowered operating costs and durable, low maintenance products and systems. The tour can be viewed at [www.homeforlife2012.com](http://www.homeforlife2012.com).

## RECYCLING ELECTRONICS

Receive new electronics and want to dispose of your old? Seniors in the Park recycles cell phones, digital cameras, laptops, game systems, ipods, cordless phones, and any accessories as a fundraiser. Bring the items to the Starin Park Community Building during our open hours. Large computers, monitors, and televisions can be recycled at the City Garage on Starin Rd. There is a large bin just inside the gate to the left.

## ADVERTISER OF THE MONTH



**608-756-4100 or Toll Free 877-276-7039**




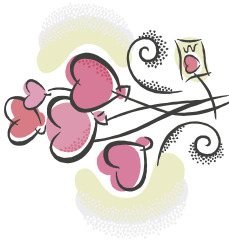
# Activity Calendar

9

## February 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
				<b>1 Wear Red for Women Day</b> 11:30 Nutrition Site at Brookdale <b>No Pickleball Feb. 1 – 6</b>
<b>4</b> 8:45 Core & More 9:30 Stretch & Flex 10:30 Book Club 12:00 Senior Forum 12:30 Digital Storytelling 1:00 Gadget Guru 1:00 Bid Euchre 1:30 Canasta	<b>5</b> 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead	<b>6 Tax Assistance</b> 9:00 Bowling (HB) <b>9:30 Janesville Shopping</b> 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess 1:00 Gadget Guru 2:00 Line Dance (A) 3:00 Tai Chi	<b>7</b> 8:45 Core & More 9:30 Stretch & Flex 10:45 Wii Bowling <b>1:00 Classical Turkey Trip Preview</b> 1:00 Scrabble 1:00 Watercolor	<b>8</b> 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)
<b>11</b> 8:45 Core & More 9:30 Stretch & Flex 12:30 Pickleball (A) 12:30 Digital Storytelling 1:00 Bid Euchre 1:00 Massage Therapy	<b>12</b> 9:00 Pickleball (A) 10:00 Our House Senior Living Bingo 11:00 Blood Pressure 12:30 Our House Senior Living Movie "Moonrise Kingdom" 12:30 Foot Clinic 1:00 Sheepshead	<b>13 Tax Assistance</b> 9:00 Bowling (HB) 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Gadget Guru 1:00 Chess 2:00 Line Dance (A) 3:00 Tai Chi	<b>14 Valentine's Day</b> <b>10:00 Sweetheart Bingo</b> 10:45 Wii Bowling <b>12:30 Love Me Tender—Elvis</b> 1:00 Euchre 1:00 Watercolor	<b>15</b> 12:30 Pickleball (A) <b>16 FREEZE FEST</b> 
<b>18</b> 8:45 Core & More 9:30 Stretch & Flex 12:30 Pickleball (A) 12:30 Digital Storytelling 1:00 Gadget Guru 1:00 Bid Euchre 1:30 Canasta	<b>19</b> 9:00 Pickleball (A) 10:00 Scrabble 1:00 Sheepshead	<b>20 Tax Assistance</b> 9:00 Bowling (HB) <b>10:00 Financial Talk</b> 12:30 Pickleball (A) 12:30 Our House Senior Living Movie "The Hurt Locker" 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess 2:00 Line Dance (A)	<b>21</b> 9:30 Stretch & Flex 10:45 Wii Bowling <b>10:30 Lunch Bunch</b> 1:00 Watercolor 1:00 BUNCO	<b>22</b> 11:30 Nutrition Site at Brookdale 12:30 Pickleball (A)
<b>25</b> 9:30 Stretch & Flex 12:30 Digital Storytelling 12:30 Pickleball (A) 1:00 Gadget Guru 1:00 Bid Euchre	<b>26</b> 9:00 Pickleball (A) 10:00 City Bingo 12:30 Our House Senior Living Movie "Dark Knight Rises" 1:00 Sheepshead	<b>27 Tax Assistance</b> 9:00 Bowling (HB) 12:30 Pickleball (A) 12:45 Zumba Gold(A) 1:00 Chess 2:00 Line Dance (A)	<b>28</b> 8:45 Core & More 9:30 Stretch & Flex 10:45 Wii Bowling 1:00 Euchre	<b>Activities take place at the Starin Park Community Building unless otherwise noted.</b> (A)= Downtown Armory (HB)= Hawk Bowl (L)= Cravath Lakefront

## February 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Persons 60 and over and their spouses are eligible. Suggested donation is \$2.50. To reserve a meal, call 473-0536, 9:30 to noon or 1-800-365-1587, ext 3333, by noon the day prior. <b>Meal can be cancelled day of by 8:00am by calling the 800 number.</b></p>				<p><b>1</b> Italian Pasta Baked with Turkey Marinated Vegetable Salad French Bread Fruit Cocktail</p>
<p><b>4</b> Pork Pot Roast w/Gravy Red Potatoes Carrots Baking Powder Biscuit Pineapple Tidbits</p>	<p><b>5</b> Beef Barley Soup Brussels Sprouts Peaches Wheat Dinner Roll Chocolate Cake</p>	<p><b>6</b> Chicken with Spinach Artichoke &amp; Rice Pilaf Peas and Carrots Wheat Bread Mandarin Oranges</p>	<p><b>7</b> Salisbury Steak Mashed Potatoes/Gravy Tossed Salad Wheat Roll Sugar Cookie</p>	<p><b>11</b> Spin. Cheese Bacon Quiche Winter Mix Vegetables Sliced Beets Dinner Roll Fruit Jell-O</p>
<p><b>11</b> Sloppy Joes on a Hamburger Bun Three Bean Salad Calif. Blend Vegetables Fruit Cocktail</p>	<p><b>12</b> Italian Breaded Pork Cutlet Sweet Potatoes Cauliflower w/Red Pepper Wheat Bread Apricots and Peaches</p>	<p><b>13</b> Ground Turkey Chili Pasta Vegetable Salad Cornbread Chunky Applesauce</p>	<p><b>14 Valentine's Day</b> Chicken Drumsticks Mashed Potatoes/Gravy Asparagus Wheat Roll Chocolate Chip Cookie</p>	<p><b>15</b> Cabbage Roll Casserole Carrots Pineapple Tidbits Wheat Roll Lemon Bar</p>
<p><b>18</b> Chopped Steak Baked Potatoes Red Cabbage Rye Dinner Rolls Mandarin Oranges</p>	<p><b>19</b> Chicken/Spinach &amp; Cheese Sweet Potatoes Cantaloupe Wheat Bread Sugar Cookie</p>	<p><b>20</b> Cheesy Potato Soup Tossed Salad Wheat Roll Pumpkin Bar</p>	<p><b>21</b> Roast Pork Sandwich on Whole Wheat Bun Peas Coleslaw Peaches</p>	<p><b>22</b> Spaghetti and Meatballs Winter Mix Vegetables Tossed Salad Garlic Bread Chilled Pears</p>
<p><b>25</b> Chicken ala King Squash Broccoli Biscuit Cantaloupe</p>	<p><b>26</b> Garlic Lemon Pork Roast Parsley Red Potatoes Beets Rye Dinner Roll M&amp;M Cookies</p>	<p><b>27</b> Mexican Taco Casserole Carrots Peas Wheat Roll Pears</p>	<p><b>28</b> Chicken &amp; Wild Rice Soup Broccoli Applesauce with Peaches Wheat Bread Chocolate Pudding</p>	

Pack your Bags and head to...

## Mulberry Glen

Senior Living Community

Discover care free retirement living at Mulberry Glen, where it's not just your apartment, it's your home!

We proudly offer:

- 1 & 2 Bedroom apartment styles
- Heat & water included
- No endowment fees
- On-site amenities & services
- Activities & social gatherings
- Amazing move-in specials!

*Don't wait! Call today!*

**262-473-4515**

1255 West Main Street • Whitewater  
www.CapriCommunities.com

## McCullough's

**PRESCRIPTIONS  
GIFTS**

**1173 W. Main Street  
473-5065**



**The Heartwarming  
House**  
Senior Assisted Living

*A Home Away From Home providing a  
caring environment for seniors.*

Private Rooms  
Home Cooked Meals  
Activities - Housekeeping  
Laundry - Salon  
Medication Management

**Douglas Hearn, Administrator**

238 E Madison Ave  
Milton, WI 53563  
608-868-3040

www.theheartwarminghouse.com

**CREATIVEBALANCE**  
massage & wellness

**821 E. Milwaukee  
Street**

**Whitewater**

**414-750-4321**

www.creative-balance.com

Daniels  
**Sentry**  
FOODS®

**1260 West Main  
472-9455**

**B I F**  
**Building Interior Finish**  
Contracting Inc.

Whitewater Wisconsin

*Bill Kuilans*

*Specializing in...*

- Remodeling
- Additions

*Serving the Whitewater Area  
for 30 Years!*

**608.289.7311**

## Nitardy Funeral Homes, Inc.

**DAVID R. NITARDY  
GARY D. WILKE**

550 N. Newcomb St.  
Whitewater, WI 53190  
(262) 472-9118

www.nitardyfuneralhome.com

*Meaningful, Appropriate  
& Affordable*

◆ **CEDAR CREST** ◆

*Rock County's only continuing care community*

- ◆ Town Homes ◆ Independent Apartments
- ◆ Assisted Living ◆ Memory Care ◆ Health Care Center

**Cedar Crest**

For more  
information  
and a private tour,  
call (608) 373-6304.

**1702 S. River Rd.,  
Janesville**  
www.cedarcrestnet.com



Come find out  
what success  
looks like  
on you.

www.curves.com

**Curves**

**262-472-9920  
625 S. Janesville St.  
Whitewater**

**MercyCare Senior ... discover the benefits**

**New lower rates! \$99 per month!**

(800) 895-2421 MercyCareHealthPlans.com

**MERCYCARE**  
**HEALTH PLANS**  
MERCYCARE HMO, INC.

Available to  
Medicare-eligible  
Wisconsin residents  
in Rock, Walworth  
and Green counties.

MercyCare and any agents  
involved in the solicitation of  
insurance are not connected  
with or endorsed by the U.S.  
Government or the federal  
Medicare program. This is  
an advertisement for  
insurance. A licensed  
insurance agent/producer  
will contact you. 552/976

**Residents and their families choose the Fairhaven Lifestyle**

**We offer: Convenience, Safety, Security, Peace of Mind**



*Programs and Services that enhance your lifestyle*

- Apartments
- Supportive Services
- Assisted Living
- Memory Care
- Nursing and Rehab

**www.fairhaven.org**

**435 W Starin Rd, Whitewater, WI**

*Located across the street from the Seniors in the Park*

**Fairhaven**  
Senior Services

Call toll free for a tour and more information **262-473-2140**

**FIRST CITIZENS**  
STATE BANK



**Main Office**

207 W. Main Street • Whitewater, WI 53190  
(262) 473-2112

**West Office**

1058 W. Main Street • Whitewater, WI 53190 (262) 473-3666

**East Troy Office**

2546 E. Main Street • East Troy, WI 53120 (262) 642-2530

**Whitewater Office Lake Office**

Hwy F & Kettle Moraine Dr. • Whitewater, WI 53190 (262) 473-6600

- Safety & Soundness
- \$250,000 FDIC Coverage
- Rated A & Excellent by  
WissRatings.com



Breakfast, Lunch & Dinner

**3000 Deefield Drive  
Janesville, WI 53546  
(608) 756-1175**

20% off Breakfast, Lunch or  
Dinner. Valid Anytime.

## DALE'S BOOTERY

**FULLY  
ACCREDITED  
PEDORTHIC  
FACILITY**

- SHOE REPAIR & MODIFICATIONS
- WE ACCEPT MEDICARE
- DIABETIC FOOTWEAR & SOCKS

**155 W. Main Street • Whitewater  
(262) 473-4093**



*We Care About Your Feet!*

## YOUR BUSINESS SHOULD BE HERE!

For information on advertising,  
please call our church representative

**Dennis Thompson**  
at 1-800-950-9952 Ext. 2470

Email: dthompson@4LPi.com

www.SeekAndFind.com



## SERVICES AT A GLANCE

### Foot Clinic:

**Tuesday, February 5, by Appointment.** Call in advance as time slots fill quickly. Please bring a towel. Cost is \$12.00. Stop at the front desk to pay and to sign in for the service.

**Therapeutic Massage: Monday, Feb. 11, 1:00 pm.** Half-hour massages for \$25. Appointments must be made in advance.

### Blood Pressure Screening:

**Tuesday, Feb. 12, 11:00 am**  
Provided free by Our House.

### Other Services:

- Free computer/internet access
- A document shredder is available, please call in advance. (1-inch stack of documents or less to shred)
- There are books, magazines, & puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

## HOT FOOD, WARM HEARTS

Winter is upon us and it's no time to hibernate! Socializing is great for your brain, your state of mind and it's good to stop looking at your four walls. Come out and join us for conversation and good food. The new caterer is receiving high marks! Give us a try.

Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday through Friday. The suggested donation is \$2.50. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587, ext. 3333 and leave your name, phone, and the meal site you would like to attend.

The Nutrition Program will be at Brookdale on the first, second, and fourth Fridays of every month, February 1, 8, and 22.

## MEAL SITE MENU & CANCELLATIONS

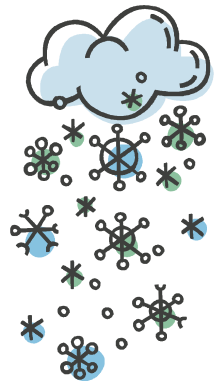
**Cancellations must be called in no later than 8:00 am the day of your reservation or the night before.** Please call the Nutrition office at **262-741-3333** and leave your message. The County gets charged for meals ordered. Please help out the Nutrition Program by canceling in advance.

## BAD WEATHER CANCELLATIONS FOR THE NUTRITION SITE

If the Nutrition Site should need to cancel meal service for the day, the following television and radio stations will relay information concerning cancellation of the meals.

Television: Channel 4-WTMJ, Channel 6-Fox 6, Channel 12-WISN, Channel 58-CBS.

Radio: WTMJ 620 AM, WSLD 104.5 FM, WFAW 940 AM, WSJY 107.3 FM, WOKY 920 AM, WISN 1130 AM, WKTI 94.5 FM.



## HAPPY FEBRUARY BIRTHDAYS TO:



**20** Madeleine Isch  
**20** Dan Sable  
**21** Marie Roe  
**22** Gene Lee

Want to be on our birthday list? Just let Deb or Sue know your birth date and correct spelling of your name, and you can be in the newsletter, too!

## BE MY VALENTINE

Send a valentine to friends, family and sweethearts to celebrate friendship or love this month. We also have everyday, birthday, anniversary, thinking of you, sympathy, get well, greeting cards, and much more. Most cards are priced from 50 cents to \$1.25. Stop in and check out our selection.

## TYPO, HUMAN ERROR, WE GOOFED!?

Occasionally there may be an error in days, times, registration dates or fees in the newsletter. When such errors occur, we will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.

## SHARE YOUR TIME AND TALENTS

### Chili Cookoff— Saturday February 16

**\*\*Make chili** on Friday March 15, beginning at 12:30. All the fixins will be provided. You can give Deb your recipe if you have a favorite you think will win for Seniors in the Park, by Thursday, February 7.



**\*\*Sell bowls for chili** at Freeze Fest from noon until 3:00 pm. We are in a heated tent. Please sign up by Thursday, February 7. See page 14 for more info on Freeze Fest.

**Easter Bunny Lunch-Saturday March 16**—Both donations and help are needed for this event. A donation and volunteer sheet will be available at the reception desk beginning February 18.

**Receptionist**—Do you enjoy meeting new people and helping others? This job is for you! Greet people, answer phones, register people and collect fees, give assistance as needed. Can also assist with program setup and beverage preparation. Specific needs are: Thursday mornings, as well as fill-in. Help out once a week or twice a month. We try to be flexible with your schedule.

**Ruby Project**—The Ruby Project supports LGBT youth and seniors. A committee is being formed to look at issues, support and services for the LGBT older adult, as well as social opportunities. If you are interested in being part of this committee or have questions, please contact Deb. This group will be a coalition of Janesville, Milton and Whitewater members and will begin meeting soon.

### W3: Working for Whitewater's Wellness—W3 is a community,



non-profit organization that is putting forth efforts to promote the importance of healthful eating, physical activity, strong relationships, and positive outlook. The organization is seeking diverse individuals of all ages

who take even a slight interest in areas of health and wellness. What would you like to see happen in the Whitewater community to make it a healthier place? Your participation and perspective is greatly encouraged. You can give input at meetings or join a committee including Activities, Worksite Wellness or Environment. Contact Marci Pasquesi if you are interested at [PasquesiMA22@uww.edu](mailto:PasquesiMA22@uww.edu) or by calling 262-472-1874. Check out the website at [www.w3wellness.org](http://www.w3wellness.org).

## THANK YOU

**Joyce Vande Bunt**—\$100 donation


**Congregational Church "Noisy" Fund**—\$63.06 donation

**Mark Dorn** for participating in the Polar Plunge to raise money for Special Olympics.

**Dan Sable** for giving the presentation on Hawaii



## ONLINE REGISTRATION AVAILABLE

Look for this logo  throughout the newsletter on classes you can register and pay for online. We are looking at software that will allow us to have all classes online. Let Deb know if you would take advantage of this opportunity.

## PARK BENCH TV SHOW

The February Show features Studio 84 talking about their programs and the Art Walk in April in conjunction with the "Our Town" Big Read. The Park Bench airs daily at 7:00 am and select days at 6:00 pm on cable channel 98, digital 990 or online anytime at [www.whitewater-wi.gov](http://www.whitewater-wi.gov) Click on the **Multimedia** tab, then **Seniors-Park Bench** and you'll see all the episodes.

## SENIOR FORUM

**Monday, February 4  
12:00 pm**

Agenda items include investigation and purchase of attendance tracking software report, Chili Cook-off at Freeze Fest update, Easter Bunny lunch, and programming and facility comments.

## OFFICE CLOSINGS

**Closed Fridays**

## PHOTOGRAPHY WORKSHOP

February 9  
9 a.m. to 1 p.m.  
UW-W Campus



Dr. Mark Lawrence McPhail, Dean of the College of Arts and

Communication at UW-W, will be offering a workshop, "Through a Critical Lens: Expressive Understanding in the Art of Photography". Experienced and amateur photographers are all invited to register by sending a check directly to the Whitewater Arts Alliance at P.O. Box 311, Whitewater, Wisconsin 53190-0311, **and** send an email confirming their attendance to [mark@mlmcpmail.com](mailto:mark@mlmcpmail.com). The cost of the workshop is \$25.00, and includes all materials. The workshop will provide photographers a starting point for discerning and articulating basic principles and concepts related to the description, interpretation and evaluation of photographs. The first hour will be focused on basic photographic techniques, followed by the art and science of visual criticism. The third hour will focus on how technology can shape and define photographic quality; and the workshop will conclude with a review of photographs submitted by participants. "My workshop will focus on a foundational approach to understanding and explaining photographic techniques and quality," said McPhail.

## FOOD FOR THOUGHT

Mondays, 3:00 pm, Fellowship Hall  
At Fairhaven Retirement Community  
435 W Starin Rd



Do we eat simply for sustenance or is there more to think about this everyday activity? Food fills our bellies, brings families and cultures together and is the center of many traditions which remind us of our shared past. Food also is a source of power and struggle. The way our food is grown, manufactured and marketed can be controversial. What do we need to know about the food choices we make? Nourish your mind and join us for thoughtful discussions on food.

- Jan. 28** Food in Literature: Memory and Social Connection  
*Mary Pinkerton, Dean, College of Letters and Sciences*
- Feb 4** Organic Farming at Standard Process  
*Christine Mason, Farm Manager at Standard Process*
- Feb. 11** The Health Benefits of Vacuum Tumbling Foods  
*John Ejnik, Associate Professor of Chemistry*
- Feb. 18** Atlantic Counterpoint: Foods that Changed the World  
*Seth Meisel, Associate Dean, School of Graduate Studies and Continuing Education*
- Feb. 25** The Role of Corn in Indigenous Mexican Cultures  
*Bert Keitlow, Lecturer in History*

## OUR VOICES, OUR TOWN ART WALK. WE NEED YOUR HELP!

In collaboration with The Young Auditorium, we are entering into our fifth year with the Big Read. This year's Big Read book is Thornton Wilder's *Our Town*. Studio 84 has gathered together several organizations and businesses to create ***Our Voices, Our Town Art Walk***, featuring all things Whitewater. Right now we are seeking submissions for a variety of exhibits. Needed are:

- Original paintings and art depicting locations in Whitewater from the past or present.
- Stories of the past of unusual "characters" of Whitewater
- Old news photos/articles/postcards about Whitewater
- Photographs of Whitewater past and present.

Local 4H youth will make digital stories by interviewing local businesses and our elders who will talk about life and business in *Our Town*, Whitewater. Telling your digital story is also available at Seniors in the Park on Mondays at 12:30. These will be on view at various locations during the Art Walk and at the Young Auditorium for some of their events. Katy Daixon Photography will do a mini photography workshop to help interested persons create photographs for the "Day in Whitewater" photographic exhibit at the Cultural Arts Center in collaboration with the Whitewater Arts Alliance. The Historical Society is gearing up for their grand opening and will be a part of the Art Walk with a great exhibit in the newly renovated Depot Museum.



## FREEZE FEST

**Saturday, February 16 at Cravath Lakefront Park**

Whitewater residents, students and visitors will be shaking off cabin fever as they plunge into the icy waters to raise money for Special Olympics.

The festivities start with activities and events for the entire family. Watch the courageous and crazy polar bear plungers beginning at noon. Be sure to visit the Cravath Lakefront warming tent where cooking enthusiasts battle in the Chili Cook-off, and you can sample different chili's while raising funds for Special Olympics and Seniors in the Park.

### 2013 Freeze Fest Schedule

9:00am-11:00am:	Family Arts & Crafts, Studio 84
10:00am-3:00pm:	Family Open Skate, Big Brick Park
11:00am - Noon:	UW-Madison Arboretum Program, Lakefront Bldg
11:00am-3:00pm:	Horse Drawn Wagon Ride Starting From Cravath Lakefront Park
11:00am- 1:00pm:	Snow Dogs Presentation, ILY Memorial Library
Noon-	Polar Plunge Kick Off
Noon-3:00pm:	<b>Chili Cook Off, Lakefront Park Warming Tent (sponsored by Seniors in the Park)</b>
1:00pm- 2:00pm	Snowshoe Clinic by W3, Lakefront Building



## SENIORS IN THE PARK POLAR PLUNGER

Mark Dorn is taking the Polar Plunge, in full superman regalia, to support Special Olympics Wisconsin on February 16, 2013! During the Polar Plunge, brave Wisconsinites collect donations before leaping into icy water to raise funds for Special Olympics athletes. But, while the cold is temporary, the positive impact you will have on the lives of Special Olympics athletes will last a lifetime. Your donations support competition and training in 18 sports for nearly 10,000 athletes. If Mark reaches his goal of \$1500, he will donate his \$150 Kwik Trip card to Seniors in the Park. (Thanks Mark!) You can make donations online by googling 2013 Whitewater Polar Plunge, Donate to a Plunger, fill in name, Mark Dorn, and you will be on his site for collecting donations by credit card. Contact Mark or stop by the Community Building to make a donation by cash or check to Special Olympics. We will be posting your name on a Snowflake for making a donation. If you're interested in taking the Plunge, you can also sign up at this website.

## W3 WELLFEST

**Sunday March 10, 12:00—3:00 pm**

**Whitewater High School, 534 South Elizabeth Street**

Wellfest will have fitness classes, financial planning sessions, healthy eating classes, cooking demos, a resource fair, and "Minute to Win It" games. There is NO cost to attend and everyone is invited! Take advantage of this FREE opportunity to be active and learn how you can live a more healthful lifestyle. You could even walk away with some free giveaways, awesome prizes, and a handful of delicious, but healthy, snacks. More information and program descriptions are available on our website at [www.w3wellness.org](http://www.w3wellness.org).



## PARKS & REC SELF DEFENSE FOR WOMEN

**Saturday, March 2**

**3:45-4:45 pm**

**Armory Dance Studio**



Don't gamble with safety!

This program will teach personal protection.

Fee: \$5.00 Resident;

\$6.25 Non-Resident

Class #: 4602.11

Deadline: February 20

## PARKS & REC CREATIVE WRITING

**Wednesdays, Feb. 13-Apr. 10**  
(Possibly no class Mar. 27)

**600-7:30 pm**

**Cultural Arts Center**



Students will learn about and practice free verse and structured poetry, 6-word poems, short shorts, and short fiction. We will journal and write from in-class prompts. Students will do critiques and share their work if they choose. **Please bring a journal or notebook and a pen.**

Instructor: Katy Daixon

Fee: \$35 Resident;

\$43.75 Non Resident

Class #: 4601.11

Deadline: February 4

**Please note:** Class location is Cultural Arts Center, Second Floor, 402 W. Main St.

# Seniors in the Park

PO Box 178

Whitewater WI 53190



*Accredited by the  
Wisconsin Assoc.  
of Senior Centers*

## MEMBER:

*Wis. Association of Senior Ctrs.*

*Wis. Parks & Recreation Assoc.*

*National Council on Aging*

*Nat'l Institute of Senior Centers*

*Intern'l Council on Active Aging*

## SENIORS IN THE PARK



*504 W Starin Rd, PO Box 178  
Whitewater WI 53190*

Phone ..... 262-473-0535

Fax ..... 262-473-0537

Nutrition Site ..... 262-473-0536

Hours.... Mon-Thurs, 9:00 am-4:00 pm

### Senior Coordinator

Deb Weberpal, CPRP

dweberpal@whitewater-wi.gov

### Volunteer Editor

Romelle Koch

### Director

Matt Amundson, CPRP

### Recreation & Community Events Coordinator

Michelle Dujardin

*For General City information see the  
city website at*

*[www.whitewater-wi.gov](http://www.whitewater-wi.gov).*

## NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to [www.whitewater-wi.gov](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or go to [www.whitewaterbanner.com](http://www.whitewaterbanner.com) and look for the link in the left column. The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, and the Irvin L. Young Memorial Library.

Name \_\_\_\_\_

E-Mail \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_